



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY| CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



Post Mid Term (2024-25)

PHYSICAL EDUCATION (048)

Class : XI Sci/Com/Hum

Date : 09/01/2025

Admission No.:

Duration: 1 Hrs

Max. Marks: 25

Roll No.:

General Instructions:

The question paper consists of 3 sections and 14 Questions.

Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

Sections B consist of questions 8-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.

Sections C consist of Question 14-15 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

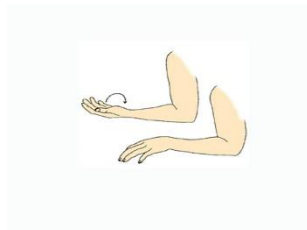
Section-A

1. For preventing sports injuries, the knowledge of which of the following subject is essential? (1)
- a. Anatomy
b. Kinesiology
c. Physiology
d. All the above

2. Trachea is also known as. (1)
- a. Pharynx
b. Voice box
c. Nose
d. Windpipe

3. The plane which divides the body into a left and a right is called. (1)
- a. Coronal Plane
b. Sagittal Plane
c. Vertical Plane
d. Transverse Plane

4.



- (1)
- a. Adduction Abduction
b. Inversion Eversion
c. Pronation Supination
d. Flexion Extension
5. How many types of muscle tissue are there? (1)
- a. 1
b. 2
c. 3
d. 4

6. Using the sweep shot in hockey, wherein more force and time are applied, gives it much more power than a hit and is an example of which Principle of Biomechanics. (1)
- Force-Motion
 - Force-Time
 - Range of Motion
 - Segmental Interaction
7. Out of the following, which is not the property of muscle. (1)
- Contactility
 - Excitability
 - Elasticity
 - Contractility

Section-B

8. Name the four main classification of bones with help of flowchart. (2)
9. Differentiate between flexion and extension. (2)
10. Where are smooth muscles found? (2)
11. Define Biomechanics. (2)
12. What is plane of movement? (2)
13. Define circulatory system. (2)

Section-C

14. Describe the circulatory system. (3)

OR



On the basis of given picture answer the following questions:-

- Name any four long bones?
 - How many bones are there in the vertebral column?
 - Scapula is an example of _____.
 - How many carpals are there?
 - Shoulder joint is an example of _____ joint.
 - How many bones are there in an Adult?
15. List down all the principles of biomechanics and explain any 2 in detail. (3)

*****ALL THE BEST*****